

Science 9-Biology

Worksheet 6-1 --Carbohydrates



10

Name _____

Due Date _____

Show Me Hand In

Correct and Hand In Again By _____

Read pages 100-103 of SP to help you answer the following questions:

1. Which is the most common element found in the human body? _____
 Which is the second most common? _____ The third? _____
 The fourth _____.

2. Where does our body get all the materials it needs for growth and for energy?

3. Name four elements that are contained in your body in small amounts, but without which your body would not operate properly. _____
 _____ and _____

4. The elements that are in your body are mostly in the form of
 (pure elements/compounds)_____. In order to get phosphorus into
 our body, is it a good idea to chew a piece of pure phosphorus? _____ Explain.
 _____.

5. Chemical reactions occur inside the _____ in your body.

6. What is meant by a **nutrient**? _____

7. Girls often have a growth spurt at about the ages of ____ to ____, and boys from ages of
 ____ to ____.

8. Name the six groups of nutrients. _____

9. Food energy is measured in units called _____.

10. About what percent of the energy needed by your body should come from carbohydrates?

11. The three elements in carbohydrates are _____, _____ &

12. Sugars or _____ carbohydrates are made up of relatively _____ and _____ molecules. The names of sugars usually end in the letters ____.

13. Fill in the following table:

Sugar	Found in:
<i>Glucose</i>	
<i>Lactose</i>	
<i>Sucrose</i>	
<i>Fructose</i>	

14. When many sugar molecules join together to form larger molecules, they form what are called _____ carbohydrates.
15. If you broke down large starch molecules, you would get many smaller _____ molecules.
Where does starch come from in our world? _____
16. Three kinds of food that contain starch are _____
17. A complex carbohydrate found in meat and fish is called _____.
We also produce that in our body.
18. Can starch and glycogen molecules get right inside of your cells? _____
Suggest a reason. _____
19. The process called _____ breaks down starch and glycogen into _____, which can be taken into your cells and there they produce _____.
20. What does your body do with extra glucose molecules it doesn't use right away?
_____. This is stored in your _____ and in your _____ for future use. When something is chasing you and you need energy all of a sudden, your body breaks down _____ into smaller molecules of _____, which can provide fast energy.